

INTRODUCTION

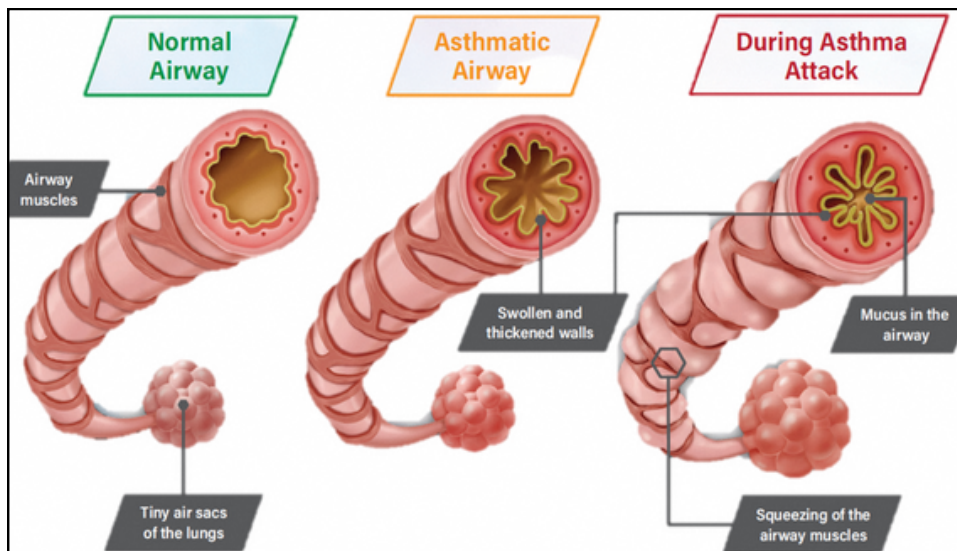
What is Asthma?

Asthma is a chronic (long-term) inflammatory disease of the airways (breathing tubes) that can start at any age. It causes symptoms such as wheeze, shortness of breath, chest tightness and cough.

What happens during an asthma attack?

People with asthma have sensitive airways. Exposure to trigger factors causes the following changes in the airways, resulting in breathing difficulty. A severe attack can be fatal. Severity varies amongst individuals.

- The lining of the airway becomes inflamed (swollen).
- The muscles surrounding the airway walls contract and go into spasm, further narrowing the airway.
- Thick mucus is produced and clog up the airways.



MORE ABOUT ASTHMA

What are the symptoms of an asthma attack?

You may experience coughing, shortness of breath due to narrowed breathing tubes, chest tightness or noisy breathing (wheeze).

You may experience asthma symptoms more often:

- At night
- When waking up in the early morning
- During and after exercise. Exercise is important for people with asthma. If you experience asthma symptoms during or after exercise, speak to your doctor to learn how to manage the symptoms.

Can asthma be cured?

No, there is currently no cure for asthma. However, the symptoms can be treated and controlled. People with well-controlled asthma can live normal lives with relatively few symptoms.

What can you do to control asthma?

Here are some key things you can do to live well with asthma:



Have clear goals to achieve long-term control.



Use your preventer inhaler daily.



Know how to use your inhaler correctly.



Know and recognize the asthma triggers; avoid them where possible.



Work with your healthcare provider for a personalized asthma action plan to help you manage your asthma



Attend regular asthma reviews with your healthcare provider

Note: This leaflet has been written primarily for people with asthma, their family members, and caregivers. It is not meant to be a substitute for professional advice and care. For further information about your asthma treatment, please speak to your healthcare professional.